

MATES 2009

Mid-Atlantic Tandem EnthusiastS Rally

August 7 - 9, 2009

Carlisle, Pennsylvania

Join us again in historic Carlisle in the beautiful Cumberland Valley of central Pennsylvania. Register early, as space is limited. Cost is \$450. per tandem team.

We'll stay at Dickinson College, a lovely small liberal arts school founded in 1783. We will be housed again in the Goodyear Dorm. Those of you who did MATES in 2003 will remember the loft-style apartments in this former shoe factory. Located adjacent to Carlisle's Public Square, the College and the nearby area offer interesting architecture, restaurants, and antique shops. Just outside of town, the roads change from town streets with colonial homes to the beautiful tandem-friendly rolling country roads of the Cumberland Valley, many of which follow the area's shady rivers including the Yellow Breeches. The nearby Allenberry Resort, site of our Saturday lunch, is built on the banks of this famous trout stream. You'll enjoy scenic rides past historic stone houses and barns surrounded by beautiful mountain scenery.

Activities begin on Friday with registration and short afternoon rides. A 35-mile ride will leave at 1 pm and a 20-mile ride at 3 pm. After dinner on your own (suggested local restaurants will be provided), join us for an ice cream social at Massey's Frozen Custard (just 2 blocks from campus), where a private party will be held in our honor.

After the Saturday morning buffet breakfast enjoy sag-supported rides (thanks to Larry Black and Mt. Airy Bicycles) of various distances (16, 31, or 42 miles) in the valley as you make your way to the celebrated Allenberry Resort in Boiling Springs. We'll enjoy a bountiful barbeque luncheon in an old stone carriage house on the banks of the Yellow Breeches.

In the afternoon ride the 9 miles back to Dickinson College or enjoy a longer afternoon ride. Saturday night will feature a 4-course dinner at the award winning California Café (located within walking distance of the college). And—yes—we will be making "Tailwind Ale" again to serve with our feast.

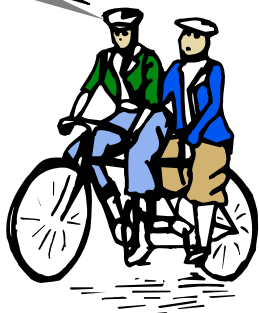
On Sunday after another buffet breakfast in the cafeteria, choose another ride (23, 30, or 38 miles) in the Cumberland Valley. Consider challenging yourselves with the 4 mile (manageable!) climb to Kings Gap for a spectacular view before we say goodbye.

Pre-Registration Required!

The Complete Ride Package Includes:

- Accommodations in Goodyear Dorm for Friday and Saturday night
- Friday evening ice cream social at Massey's Frozen Custard
- Saturday and Sunday breakfast at the award winning Dickinson College dining facilities
- Saturday catered lunch at Allenberry Resort and Playhouse
- Saturday 4-course dinner at California Cafe

Register Early
Space is
Limited!



Driving times:

Baltimore, MD – 2 hours

Washington, DC – 2 hours

Richmond, VA – 4 hours

Philadelphia, PA – 2 hours

New York City – 4 hours

Pittsburgh, PA – 4 hours

**Whatever your interests, MATES 2009 promises to be a rally
not be missed!**